Appetizing Menus for the Week SATURDAY Breakfast SUMDAY MONDAY WEDNESDAY Breakfast Breakfast Breakfast \*Breakfast Breakfast Oatmeal,
Puffy Omelet with
Parsley and
Chives,
Hashed Potatoes,
Toast, Coffee, Breakfast Cereal with Hot Dates, Broiled Bacon, Fried Apples-Muffins, Cofe Boiled Rice, Oatmeal, Cereal, Home Orange Juice, Sausage Balls, Potato Puffs, Stewed Prunes Apple Sauce, Canned Fruit, oft Cooked Eggs Dy Toast with Fish Hash, Creamed Hot Cream, Rice Cakes, Tomato Sauce, Salt Pork, Fried Mufins, Coles Coffee. Syrup, Coffee. Dinner Luncheon Luncheon Roast Beef, Browned Petatess, land Onion Green Soled Beanna alf's Liver Loaf. Sweet Potatoes Lunckeon Luncheon Luncheon Corned Beef Savory Sauce, Spinach, One-Eas Cup Cakes, Coffee. Omelet. Spinach, Scones, Ten. Creamed Celery Mexican Baked Luncheon and Shad Roe is Corn Pudding Salasea a la Creole, Toast, Canned Berries Lima Beans, Baking Powder Toast Baskets, Muffins. Biscuits, Lettuce Salad, Dinner Orange Salad, Celery Relish, Fresh Mackerel Egg Sauce, Charlotte Russ Dinner Buckwheat Wafers, Cocoa. Coffee, Cookies, Chicken Pie, Dinner Cranberry Jelly.
Buttered Squash,
Candied
Sweet Potestees,
Cup Cakes with
Fruit
Syrup Sauce. Supper Cream of Spinach Soup with Oysters, Dinner Hamburg Steak, Mashed Potatoe Baked Apple Dumplings, Corned Beef with Tomate Sauce, Toast, Dried Fruit Potatoes, Turnips Fried Potatoes, and Carrots, Creamed Onions, Gingerbread, Apple Sauce.

## Those "Golden" Eggs

Loganberry Jelly.

GGS are cheap and plentiful in our markets just now and one of the approved foods to replace meat during Lent. Therefore the housewife should avail herself widely of them, understand their 'real nutritive values, and particularly be able to serve them in a large variety of appetizing ways.

Eggs are often called a "complete food," and the housewife should understand that they can completely replace meat in the diet. For example, a person having two eggs would certainly need no mest or other protein food at that meal. Also if a meat is served as the main course it is dietetically wrong to serve a dessert like a custard ple or something else rich with eggs. And yet many fail to understand this and serve unbalanced meals and those which are unnecessarily expensive.

For the child up to six years of age eggs are preferable to meat as a protein or muscle food. No meat is as good for a small child as a poached, soft-boiled or "coddled" egg. Even a child of three may have one such egg per day. The active boy or growing girl needs a quantity of eggs in the diet, even in addition to meat.

The adult who is engaged in manual and outdoor work can also, as the phrase goes, "handle" eggs in quantity. But the sedentary or inactive adult must beware of too many eggs.

It is a mistake, and one often made by Americans, to think of eggs only as a breakfast or lunch-eon food, whereas the European esteems them highly as a dinner dish. Unfortunately, also, we are not adept at making the most perfect egg dish—the omelet. I do not

This Superb 110-plece Gold

every feature, consists of-

12 Dinner Plates, 9 inches

12 Breakfast Plates, 7 inches

12 Soup Plates, 7% inches

Decorated Set, complete in

recall having eaten a really wellmade omelet in any home here or in any hotel save the few that have

real French cheft.

The omelet offers infinite variety to the adept cook. It is that form of serving eggs which best removes their tendency to a flat or insipid sameness. We can garnish the omelet with tomato sauce, cheese, chopped ham or mest, fish or sardines. Indeed, there is no limit to the delectable variety of the omelet. We all should "try our hands"

on this dish a little more.

Incidentally, the making of an omelet is not such an art as commonly supposed. Let me say right here that the so-called double "ome-let pan" is a bugbear, and it is much easier to make a large omelet

### Household Helps Boiling Potatoes.

POTATOES have a much better flavor if cooked in an iron pot.

Apple Tarts.

USE apple juice and sugar cooked with a little lemon juice to coat the apples used in a tart.

#### A Delicious Flavor.

THE Japanese sauce or catsup made from the black soy bean is excellent for flavoring gravies, soups, etc.

#### Greasing Potatoes.

DOTATOES will bake more quickly, have a better flavor and instead of shrinking up fill the skins to the full if rubbed with dripping before baking.

By Mrs. Christine Frederick, The Distinguished Authority on Household Efficiency.

> in a common frying pan. The whole secret of the omelet is the folding together of the yolks and stiffly beaten whites, and also the direc-tion of the heat. The omelet must not be cooked over too hot a flame, and to place it under the broiler of the gas oven makes the top a golden brown. Any addition, such as chopped meat or cheese, should be added before the top is browned and folded over.

But there are many other egg dishes of renown, such as the souffle or baked dish of whipped souffle or baked dish of whipped eggs and grated cheese. There seems no reason why this delectable, substantial and economical dish should be omitted from the American table. Now that our housewives have glass baking dishes it is the easiest tining in the world to whip up a souffle of four or six eggs, pour into a buttered glass dish and serve in twenty minutes as the main dinner dish.

Another way in which eggs may be taken liberally is in beverages, such as malted egg milk, milk shake, milk nogg, etc.

A cake or a dessert rich with eggs is also the equivalent of meat. The person eating a large slice of a rich sponge cake is having as much food value as if he were esting a chop. That is why eggs are such a wonderful food—they can be served in so many ways. We can always increase the food value of any dish by the addition of one or two beaten eggs, as, for example, by adding whipped eggs to soup or to cornstarch, tapicos or other pudding. Egg saids are becoming more popular, especially in warm weather. Here again are infinite possibilities in the use of cold sized or cut eggs with lettuce and other vegetables, in aspie felly and so ea. derful food—they can be served in

1 12

Deep Bowl, 81/2 inches Oval Baker, 9 inches Small Deep Bowl, 5 Inches

Gravy Boat, 7% inches

Sugar Bowl, with

Platter, 11% inches Celery Dish, 8% inches Sauce Boat Tray, 7%

Butter Plate, 6 Inches

Vegetable Dish, 10% inches, with ild (2

### Hair Health Hints

By Lina Cavalieri,

The Most Famous Living Beauty. HEN the hair at the ends it goes. But it is also neces

work.

cushions of your fingers, and if more soap is needed rub it on your

hands first and not on your hair. Your first water must be more than

just lukewarm in order to act as a cleaner. Your rinsing water may be of a lower temperature, cold, if you like, for the Summer hair wash.

Wrap your bair in a Turkish towel and place it in a knot on your head. In about a half-hour's time remove the towel and take a

chair into the sunny part of your back yard, and throw your bair strands to the sun and wind.

Let your hair hang like a curtain

over you, front and back, so as to prevent surburn and to give your scalp all possible benefit of the air and sun. The elements act like a tonic for the hair and scalp; the wind tends to the removal of makes the hair fluffy and wiry enough for you to be able to "do what you want" with it

what you want" with it.

does not split it continues to grow, and is likely to acquire a length such as has not beonged to it before. In cutting, therefore, see to it that only the merest tips are removed with the scissors—the part that has already split in two or shows a tendency to split.

Your hair is very likely not even in length all around your head. In order to cut the tips off all around comb out your hair smoothly and evenly and proceed with the scis-

If your hair is very signag do not try to make it even at one cutting, for that would perhaps involve a the tips every few months it is likely to become even in time without cutting away too much.

To trim your hair every few months is a splendid thing as far as

### Meat Sauces

By Mary Lee Swann, The Well-Knaws Writer and Lecturer on Cooking. Bechamel Sauce.

MELT % sup butter, add % sup flour and blend well. Add 1 cup chicken stock and stir constantly until smooth and creamy. Add 1 cup cream and heat over hot water, stirring frequently. Just before serving stir in 2 egg yolks di-luted with 2 tablespoons cream.

Green Pepper Sauce. REMOVE seeds and tough per-tions from 2 green peppers. Chop peppers very fine and fry until soft in 1/2 cup butter. Add 2 table-apoons flour and blend well. cups milk and stir constantly until smooth and thick. Add salt and pepper to taste.

Onion Sauce.

BLEND 14 tablespoons flour with 2 cups butter. Add gradually cups soalded milk and stir constantly until smooth and thick. Add 4 boiled onlone, finely chopped, and salt and pepper to taste. Serve with veal, mutton or poultry.

#### Mint Sauce.

WASH and drain fresh young ine. Put in a mixing bowl, add 1 teaspoon sugar to each 2 tableaside for a few minutes. Add 3 tablespoons good mild vinegar. Let stand a half hour or longer before straining. Serve with roast lamb.

Caper Sauce.

RELT 4 tablespoons butter and blend well. Add 1 cup hot water and stir until smooth. Add 1/2 teaspece salt and a few grains pepper.

Add & cup capers, chopped slightly,
and 1 tablespoon caper juice.

Pickled nasturtium seed may be used instead of the capers. Serve with mutton.





### Danderine is "Beauty-Tonic"

Immediately after a "Dander- | beauty.

strong hair, glistening with "Danderine."

ine" massage, your hair takes on A 35-cent bottle of delightful new life, lustre and wondrous "Danderine" freshens your beauty, appearing twice as scalp, checks dandruff and fallheavy and plentiful, because each ing hair. This stimulating hair seems to fluff and thicken. "beauty-tonic" gives to thin, Don't let your hair stay life- dull, fading hair that youthful less, colorless, plain or scraggly. brightness and abundant thick-You, too, want lots of long, ness. All drug counters sell

# How I Ate a Pound a Day Off My Weight

An amazing discovery in weight resduction. No starving, no medicine, no special foods, no course of baths, no exercises, no "mind cure."

REN'T you heavier than you remark I'd hear whenever I met an life insurance companies. These old friend or acquaintance. And they showed conclusively that in addition were right. No doubt about it, I was to causing mental and physical ineffast putting on weight to a noticeable ficiency fatness brings on a serious

health and energy-a sort of reserve to draw upon in time of need. So I revelled in my good fortune and felt genuinely sorry for my friends who were not so favored by Nature.

But soon my condition began to be serious. I was getting alto-gether too fat. My increasing stoutness began to be about all I could think of—it entirely occupied my mind. My friends began to mention I couldn't walk a block without puffing. My heart became affected.

I Gave Up Pleasures to No Avail.

I had always led an active life, being fond of athletics, horseback riding and other exercises. My in reasing weight made it difficult for me to "go in" for these things. I simply couldn't get around as fast as the others-even my walk was different; and besides any sert of physical exertion became un-

pleasant to me. I don't need to go into details, for anyone with a tendency to stoutness will well know what I mean. This lack of exercise could lead to but one thing: I took on weight to an alarming extent, and I shall never forget the day when I realized that I was sands of men and women in all con-slowing down mentally as well as ditions of life. ment within five days after start-

move—nearly every "fat" woman has A Pound Less a Day Without the taken it. I became a follower of the Slightest Hardship. "simple life." I cut down on my diet-

sepping my vitality. finally of taking medicine.

By this time

I started to find

Fat People Die Young used to be?" This would One day I experienced, a strock. I nearly always be the first was reading some health statistics by

chain of illnesses, such as heart At first I took it as a sure sign of trouble, diabetes, stomach and intes-Plain, cold, hard facts, drawn from

> At Last I Found the Secret My lucky star must have been work-

me about this time, for I ran across just the kind of practical help I was looking for. A friend advised me to

simple little lessons, com- of \$3. pletely upset my own per-soral opinions and all that I had learned about obesity and health. It shows that when one starts to put on weight it is not a sign of health, but of ill-health.

Then it showed that most of the tables of weights indicating what a person of a certain age and height should weigh are all wrong and why.

Then there were some startling new ideas about the maintenance of health and of mental and physical vigor. No theories, but hard, practical facts, you don't notice drawn from the experiences of thou- a great improve-

physically. I lost interest in my work and all social affairs. Anything requiring exertion was passed up. Understand me, please, I am not trying to praise my former self and figure; I'm simply telling how my mental and physical powers and pleasure decreased as fat was increased.

Starving Only Made Things Worse

You can probably guess my next movempearly every "fat" momental has a point of the property of the property of the property of the property of the physical powers and pleasure decreased as fat was increased.

A Parent Lease To it all was that there were no fads in Eugene Christian's methods, no special baths, no self-denying diet, no medicine, no self-denying diet,

all sounded too good to be true. and felt hungry all the time. Then I but I decided to give the methods a took a course of baths. According to fair test. Right from the start my weights taken "before and after" the return. The very first week I rebaths cut down my weight. But within duced my weight by a pound each day. a day or so the weight was back again. Not the slightest hardship was in-The baths had only a temporary effect. volved—a most unusual thing in And it seemed to me that they were weight-reduction. I had always en joyed my meals, but now my food Then I tried the plan of going with- tasted even more delicious than ever. cut liquids; omitting certain food from Working became a pleasure to me my all-too-meager diet; of eating widely again, instead of a grind. I was Corrective Eating Society, my all-too-meager diet: of eating widely bubbling over with life and energy. advertised "reducing foods." and My flesh grew hard and firm. And soon, very much to my surprise, I was able to wear fabrics and colors which my stoutness had forced me to container, Eugene Christian's Course,

I started to find quickly regals my normal weight, out all I could but I've maintained it ever since. To about obesity. I look at me to-day no one would realize sicians, sur- that not so long ago I was a "fat" seons, army doctors, health special woman. My quick reduction in weight,

feel that Eugene Christian is render-ing a great and genuine service to humanity through his wonderful work. I have recommended Eugene Chris-tian's Course to many others and have had the antisfaction of seeing it pro-duce results just as remarkable as in my case.

How You Can Try This Method Without Ricking a Poung

Much could be written about vigorous health. I had always tinal trouble, apoplexy and the like. cause and the remedy for excessive thought that the accumulation of fat And then I read that fat people die stoutness and Eugene Christian's was Nature's way of storing up young. No supposition about this you can now test them out in the privacy of your home without risking a penny. These methods are not new and untried theories, for more than 200,000 people in all walks of life have used and are using them and indorse them in the most enthusiastic terms The publishers have left on hand just 1,296 sets of Eugene Cristian's Course, which they wish to dispose of before the New Edition comes off the press. The price at which thousands read "Weight Control, the of these sets have been sold is \$5. But Basis of Health," by the famous Food Specialist, Eugene fered at only \$2 for as long as they hristian.

This course, in the form of these wonderful secrets at a saving

> Send No Money! Simply put your name and address on the coupon below and mail it NOW. Give the postman

only \$3 in complete payment when the course arrives. ver carefully. Put to the test. Weigh yourself before you start, then weigh yourresults.

ing, send it back and your money will be refunded. You can clearly see that an offer like this could not

be made unless the publishers were confident that Eugene Christian's methods will produce remarkable results for you, as they have for thousands of others who gladly paid \$5 for the Course.

But immediate action is necessary. There is no need for you to suffer from superfluous weight any longer—and remember, that special price can be held only as long as the few sets last. "Weight Control" will be sent in a plain container.

Cut the coupon now and send it at once and be sure to avoid disappointment. You will surely agree that health, happiness and comfort are worth the trial. Write to-day. Corrective Eating Society,

Dept. 1893, 43 West 16th St., New York City.

Dept. 1893, 43 West 16th St., New York City.

You may send me, prepaid, in plain much of its for which my stoutness had forced me to "Weight Control—the Basis of Health." for me. As my abandon. in 12 lessons. I will pay the postman weight increased A Famous Scientist's Greatest Work only \$2 on arrival. If I am not satis-I simply had to condition of stoutness it all seems like a turning it to you after a 5-day trial do something. So horrible nightmare, for not only did I are to refund my money (\$2) if I return

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Fame			•••••	
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12 Saucers 12 Cereal Dishes, 6

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tinued to put on weight.

ists and a lot of women and men who my vigorous health and active mind were similarly afflicted. Soon I be of to-day I owe all to Eugene Christian, came a walking encyclopedia of I only wish I had the means to dis-

When I now look upon my former fied with it I have the privilege of re-